

## Children Affected by the Economic Crisis

*Dr. Olson Huff, MD from Sixty Second Parent warns of the affects of the econonic downturn on children and offers practical advice and tips to parents.*

Asheville, NC ([PRWeb](#)) October 9, 2008 -- Economic Downturn, Wall Street Bailout, Mortgage Crisis and talk of Recession are bombarding the media. [How can you talk to your children](#) and help them deal with tough times? How can you make them feel safe and secure in times of economic crisis? Nationally known Pediatrician, Dr. Olson Huff, MD offers practical advice for parents in helping their child deal with the realities of today's economy.

Children are exposed to world events, including the downturn in economy, through media such as TV, the internet, radio, newspapers and magazines. They also listen to adult conversations and talk to their friends at school. Information, especially for younger children, can be frightening. Children need their parents to help them deal with what they have seen or heard.

"More than anything, parents need to talk to their children. They need to reassure them that they will be cared for," said [Dr. Huff](#). A parent's role is to be available for their children and help them understand what is happening, he added.

Dr. Huff points out that, "Children are very sensitive about what is going on around them. They may be aware that things have changed, but are not sure why. Children develop many misconceptions when they have not been informed about what is happening around them. They may think they are being punished if new budgets are in place that affect meals, outings, treats etc. They may even experience stress and anxiety about quite serious things such as losing the family home or having to change schools."

How do you reassure your child? Dr. Huff outlines the following ideas to help kids cope:

**Talk to your children:** Young children find it very difficult to understand the concept of money - to them you seem to have an infinite source. Explain to children in the simplest terms why your family has less money to spend at the moment. How much detail you go into will depend on the age of the child. Discuss with your child, what you as a family are doing to save money. Ask children how they feel about what is happening, and what their concerns are. Encourage them to say what is on their minds. Answer their questions and help them understand what is happening.

**Brainstorm:** Include your child in brainstorming sessions about how to save money. Some ideas may include always taking snacks and drinks to avoid eating out, joining the library to access books and games, making homemade gifts, etc. You may be surprised with what your child will come up with when they are given the opportunity.

**Monitor the Media:** Monitor and if possible try to reduce your children's media access to news programs.



Although young children do not know what is being said, they do understand that something is wrong.

About Dr. Olson Huff:

Dr. Olson Huff, MD FAAP is a nationally recognized Pediatrician. He is the Chairman of Sixty Second Parent and serves as the Chairman of the Government Affairs Committee for the American Academy of Pediatrics. Over the past 40 years he has dedicated his life to helping children. For more on Dr Huff visit [Sixty Second Parent](#) .

About Sixty Second Parent:

[Sixty Second Parent](#) is a website that offers a unique and fresh approach to obtaining practical parenting advice. Sixty Second Parent understands that the expectations and pressures put on parents today are more complex than ever before and recognizes the need for a simpler support system for parents and families.

As part of the solution, Sixty Second Parent has brought together the world's leading experts in child development, child health and parenting to provide sound practical parenting information within an online community network.

Sixty Second Parent provides parents-to-be, young parents and grandparents with information, enjoyment, and connection into a like-minded community via a [user-friendly web platform](#) . This community gives parents the information they need, as well as reassurance in their actions, and guidance in interactions with their children.

The online support network is designed to link parents and families with industry specialists and other parents along with an online parenting store offering the best in early childcare resources.

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